

# Campfire Cooking

Family Challenge

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## Test your outdoor cooking skills!

Plan a family meal that can be cooked on a campfire.

**1** Choose a meal that your family likes to make on a grill, try out the sample recipe below, or create your own menu using the lists at the bottom for ideas.

**2** With your recipe's grocery list, help your parent or guardian shop for all the ingredients you will need for your campfire meal.

**3** Cooking on a campfire takes a lot of patience, practice, and requires constant observation. Make sure an adult helps so that food is neither under nor overcooked.

*Note: Meats need heated to 165° F inside to be safe to eat.*



### Barbe-Skew Chicken & Vegetables

#### Ingredients:

1 lb. Chicken  
4 Tbsp. Soy Sauce  
2 Tbsp. Lemon Juice  
2-3 Zucchini  
1 Onion

#### Directions:

1) Using meat shears, cut chicken into 2-inch pieces.  
2) Marinate chicken in soy sauce and lemon juice for 30 minutes.

3) Chop zucchini and onions into 2-3 inch pieces.

4) Alternate pieces of chicken, zucchini, and onions on skewers and grill until fully cooked. *Enjoy!*

#### Protein Ideas

- Chicken
- Hot Dogs
- Hamburgers
- Sausages
- Beans (black, pinto, etc.)
- Chickpeas

#### Vegetable Ideas

- Zucchini
- Bell Peppers
- Corn
- Asparagus
- Cauliflower
- Mushrooms

#### Fruit Ideas (Dessert!)

- Apples
- Pineapple
- Peaches
- Pears
- Watermelon